

Issue: 137

Date: 25 October 2019

Roundwood Park School, Roundwood Park,
Harpenden AL5 3AE Tel: 01582 765344
e-mail us at admin@roundwoodpark.co.uk



RoundUp is published fortnightly on our website.
<http://www.roundwoodpark.co.uk>

Headlines

Dear Parents and Carers

One of the highlights of the school calendar took place on Wednesday evening - House Music. As usual, the atmosphere at the Alban Arena was wonderful and it was great to see so many parents there watching the students enthusiastically taking part. We never come together more closely as a community as on the evening of House Music and it is great to celebrate with students, parents and staff together.

Congratulations to the many hundreds of students who were involved, as well as those brave members of the staff choir of course! Congratulations to **Scott House** on their victory, albeit that every House entertained us so royally.

My thanks go to the judges who gave up their time so willingly, to Viv Tattersall and Lucy Gallagher for their organisation, Dean Inns for his technical expertise, the music department for their fantastic help and to our wonderful comperes J Bhandal and L Nicholls.

Have a lovely half term.

Alan Henshall
Headteacher



Occasional Day

Please note that the school will be closed on Friday 29 November, as per the school calendar.

Ofsted Parent View

If you have not yet done so, please could you take a few minutes to complete the Ofsted Parent View questionnaire to let Ofsted know what you think about Roundwood Park.

Please click on the following link [Ofsted Parent View](#).

Your feedback is enormously helpful.

Paul Seymour
Director of Operations



Forthcoming Events

Year 10 Consultation Evening

Wednesday 20 November, 4.30pm until 7.30pm.

The online system is now open to make your Parents' Evening appointments. The system will close at 10pm on Wednesday 6th November.

Keep up to date

Please visit the [RPS website](#) for further information including [RPS Calendar](#); [Daily Bulletin](#); [Latest News](#); [Letters Home](#); [Trips & Visits](#); [PE News](#); [Vacancies](#); [RPS HouseSystem](#) [Extra-Curricular Clubs Timetable](#)

Please also follow us on Facebook and Twitter [@RPSCREATIVE](#); [@RPSPE](#); [@RPS_Pastoral](#); [@RPSCAREERS](#)

Or download the Roundwood Park mobile app to keep up to date.

Absence Line

When you call in for absence, please use our dedicated 24 hour absence line:

01582 714049

or e-mail us at

absence@roundwoodpark.co.uk

Whole School Photograph

The whole school photograph which was taken last month is available to purchase. You can access it here:

<https://www.gsimagebank.co.uk/roundwoodpark>

Token: **5knt9v2019**

Please place your orders online.

Payments



Residential Trips



Y9 Battlefields Tour

12-14th March 2020

Deposit of £130

Due by Friday 8th November

Y9 Duke of Edinburgh Bronze Award

Registration Fee £35.00

Due by Friday 8th November

Y10 French Study trip to Normandy

7-11 Feb 2020

2nd Instalment of £200

Due by 25 October

Y12/13 Business USA Trip

16-20 Feb 2020

2nd Instalment of £350.00

Due by 30 October

Due to the uncertainty of the Brexit outcome, if your son/daughter is travelling on an overseas school trip, please ensure that their passport is valid for at least 6 months after the return date of the trip, and that they have a valid EHIC card. Please apply to renew these documents ASAP if they do not have the correct validity.

Important Dates – Key Stage 3

See also House Events on page 8 and the [RPS calendar](#) on the website for any updates

Year 7

Date	Event
13 December 2019	Year 7 Disco
6 May 2020	Bully free form
18 May-4 June 2020	Year 7 Exams
22 May 2020	Sports Day
22-26 June 2020	Enrichment week
2 July 2020	Parent Consultation Evening

Year 9

Date	Event
15-17 January 2020	Year 9 Careers sessions
28 January 2020	English Information Evening for parents
27 February 2020	KS4 Options Evening
5 March 2020	Parent Consultation Evening
11 March 2020	Deadline for KS4 Options
8-12 June 2020	Year 9 Exams
22-26 June 2020	Enrichment week

Year 8

Date	Event
19 March 2020	Parent Consultation Evening
18 May – 4 June 2020	Year 8 Exams
22 May 2020	Sports Day
22-26 June 2020	Enrichment week
8 July 2020	Drug awareness day

Important Dates – Key Stages 4 & 5

See also House Events on page 8 and the [RPS calendar](#) on the website for any updates

Year 10

Date	Event
20 November 2019	Parent Consultation Evening
23 March 2020 onwards	Year 10 Exams
1 April 2020	Work Shadowing Day
22 May 2020	Sports Day
22-26 June 2020	Enrichment week

Year 12

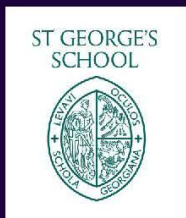
Date	Event
18 December 2019	Y12 host Senior Citizens' Christmas Party
26 March 2020	Y12 Parent Consultation Evening
27 April 2020	Y12 Exams start
11 May 2020	Y12 Professional Placement Week
22 May 2020	Sports Day
22-26 June 2020	Reading Week

Year 11

Date	Event
4 November 2019 onwards	Year 11 Mock Exams
14 January 2020	Post 16 Advice Evening
23 January 2020	Parent Consultation Evening
31 January 2020	Deadline for Sixth Form applications
11 May 2020	GCSE Exams start

Year 13

Date	Event
2 December 2019	Y13 Mock exams start
12 March 2020	Y13 Parent Consultation Evening
14 May 2020	Y13 Leavers' Breakfast
18 May 2020	A Level exams start
23 June 2020	Y13 Clearance Day
25 June 2020	Y13 Leavers' Ball



Sir John Lawes School
Education for a changing world



Join us for a joint Harpenden Secondary Schools

Risks Faced by Young People Talk

with guest speaker Richard Boxer

Drug Education Consultant

PC Jo Skingley & Inspector Andy Wiseman

(CYP Gangs and Schools Unit)

Wednesday 6th November 2019

6.30 — 8.00pm

(on first come first served basis)

Fowden Hall

Rothamsted Conference Centre

*PC Skingley & Inspector Wiseman will talk about County Lines and gangs;
signs and symptoms for parents to look out for.*

*Richard has over 20 years experience of working in the field of
substance misuse. His presentation will help to raise awareness of
substances and how they are consumed; how to recognise the
symptoms of substance use and know what help is available
and how to get it.*

Early season success for Roundwood's Trampolining Squad

Starting with a bang

Open Evening was the first display of trampolining and trampetting of the 2019 competition season! All squad members put on 3 excellent displays including both box work, trampetting and trampolining. It also included a special performance from a few new Year 7s showcasing the potential talent who will be moving through in the squad in years to come. As always it was a great evening for all involved and started a new competition season on a great note.



Trampette and Tumble

17th October saw Roundwood's gymnasts attend the annual trampette and tumble competition. An afternoon at the St Albans High School for Girls saw students competing in both trampetting and tumble at all levels (beginner, intermediate and advanced) and for the first time ever all categories have an even number of participants displaying the massive improvement all our gymnasts have made which has allowed them to move up to a more difficult category. It was a hugely successful day for all attending with **all** our gymnasts achieving medal positions. It was also the first performance of the squad's newest members and despite some nerves everyone did brilliantly.



The Squad

From left to right: P Moxham (head coach), T Bowles, L Gurney, E Day, N Bates, S Haxton, L Nightingale, E Lowry, A Hall, E Roberts, Z Mullally (assistant coach), E Wall (assistant coach), E Fishwick, E Gallagher, C Wall, E Graham, G Sands, B Colyer, E Bignell, E Moody, S Ellins, I Slade, L Moxham (assistant coach), A Rees-Witham, I Harnett, I Turner, N McHale, E Sandilands, I Glennie, K Keddy, O Wise.

The Best Gymnast of the Day

We had some outstanding performances with the following gymnasts securing double gold and with some gymnasts attaining double gold at the most difficult level of competition.

- E Day
- E Moody
- N McHale
- E Sandilands
- I Turner

Pictured:

Our newest members at their first competition!



Early season success for Roundwood's Trampolining Squad (Continued..)

Also a huge congratulations goes to K Keddy and E Day who were given the overall highest tumble score of the entire day and to J Woods for achieving the highest score in the trampette discipline.



The top five highest tumble scores of the day all went to RPS students.

A massive well done to all the students for competing and thank you to parents for providing transport. A special mention to the students who gave up their afternoons to help with the judging and smooth running of the competition and to Mrs Moxham for another set of excellent results for the school.

S Ellins (13O)

Herts 10K 2019 Junior Winner!



Congratulations to E Turner (11GT) who won the junior Herts 10k on 13th October. (Well done also to Mrs Turner who won the women's race the same day!)





Climate Action at RPS!



Plastic Free School: September - October 2019

At the start of this academic year, students were asked to bring in their own water bottles so that we can avoid the need for disposable plastic cups in school.

This half term we have spared the use of **16,000–18,000 plastic cups**, which the senior school alone would normally have got through by now. Roundwood Primary School have also swapped to reusable cups, saving an extra 8,000 single-use cups from being used.

This really highlights what a big impact we can have with a very simple swap!

Students - please keep bringing in your water bottles and consider what else you could be doing to help reduce unnecessary waste.





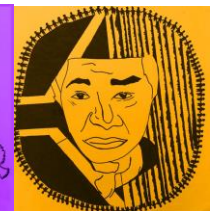
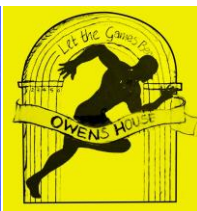
HOUSE MUSIC 2019

On Wednesday 23rd October, the Alban Arena saw 400 Roundwood students and teachers singing their hearts out in the school's 7th annual House Music competition. In only a couple of weeks, the houses put together polished and entertaining performances – including rap, maraca-shaking and musical theatre - in a bid to impress the judges. We were lucky enough to have Juliet, the former Head Girl who was involved in the very first competition, as well as two local music specialists, David and Debbie, as our judges.

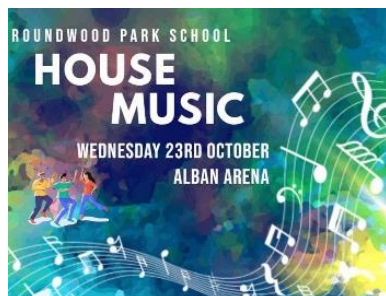
As always, the competition was extremely tough given the immense talent on show. It also showcased our wonderful school spirit, with students of all houses supportive of each other. A huge 'well done' to everyone who took part, but special congratulations are reserved for Scott house, who with 'Proud Mary' and 'Feel it Still', swept the board to win first place in all categories. The teachers even managed to pull off a decent performance with 'Ain't No Mountain High Enough'.

Such a fantastic evening wouldn't have been possible without the hard work, planning and behind the scenes organisation from Mrs Tattersall, Mrs Gallagher and the Community and Events Captains, J Bhandal and L Nicholls - so thank you from everyone. *I Mercer (13GT)*





HOUSE MUSIC 2019 - RESULTS



Overall Scores (out of 180 points):

1 st	Scott	152 points
2 nd	Cadbury	144.5 points
3 rd	Mandela	142 points
4 th	Grey-Thompson	139 points
5 th	Frank	126 points
6 th	Owens	119 points
7 th	Wilberforce	118 points

Performance Piece:

1 st	Scott
2 nd	Grey-Thompson
3 rd	Mandela
4 th	Cadbury
5 th	Frank
6 th	Owens
7 th	Wilberforce

Choir:

1 st	Scott
2 nd	Cadbury
3 rd	Mandela
4 th	Grey-Thompson
5 th	Frank
6 th	Owens & Wilberforce

Conductor:

1 st	Scott
2 nd	Mandela & GT
3 rd	Cadbury
4 th	Wilberforce & Frank
5 th	Owens



HOUSE NEWS

**BRAVE THE
SHAVE**
**MACMILLAN
CANCER SUPPORT**

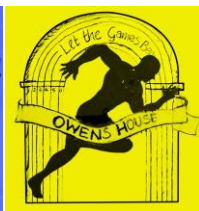


M Piepgrass (8W) is braving the shave for Macmillan Cancer Support and will be shaving off all her hair on 22nd November. Please see the below information:

I would really appreciate if you would donate some money. All the money that I raise will help support those who are fighting the fight that many have lost. I am doing this because I want to help people who are battling cancer. I know so many people whose families are struggling with the loss of a loved one or the suffering of a loved one. The money you give will help provide physical, emotional and financial support to people whose lives have been affected by cancer.

At lunchtime on the 22nd November, all the staff and students can come and watch my head being shaved. There will be donation boxes going around school to collect some money. You can also support me by going online to my **Just Giving** account <https://www.justgiving.com/fundraising/megan-piepgrass-brave-the-shave>

Thank you!



HOUSE

Autumn Term Events:

Date	Event
22 Nov	Grey-Thompson host School Sleepout in support of Herts Young Homeless
9-13 Dec	Grey-Thompson Charity Week

House Running Totals:

Scott	93 pts
Cadbury	87 pts
Frank	85 pts
GT	79 pts
Mandela	79 pts
Wilberforce	70 pts
Owens	59 pts



We are excited to announce the launch of our **Whole School Read** which will begin after half term. We want our whole school Community to get involved reading the same book; students, staff, governors and even families. As you can imagine, selecting a book that can appeal to such a broad cross section has been quite a challenge but we think we have found a title that will appeal to all.

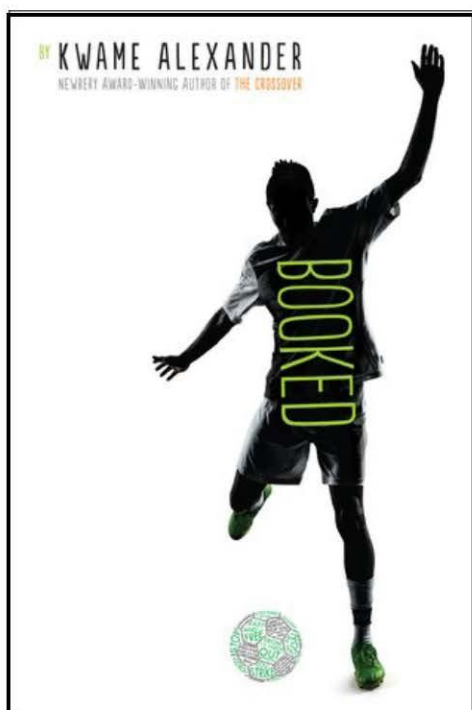
‘Booked’ by Kwame Alexander is about a 13 year old boy called Nick Hall. He is a typical teenager, loves football, is just getting interested in girls and finds some of his school lessons rather boring. This is the story of how his life is turned upside down by a shock announcement from his parents. Written in free verse, this novel, is full of passion, fun and is at times a moving account of a difficult time in Nick’s life.

We very much hope that you will get involved in reading the book and most of all that you enjoy it! Details of how to access the book and the supporting House Competition will be sent out at the beginning of next half term.

Whole
School
Read

Please show this voucher to
Harpenden Books (43 High Street,
Harpenden) to receive 10% off your
purchase of 'Booked'.

Harpenden Books



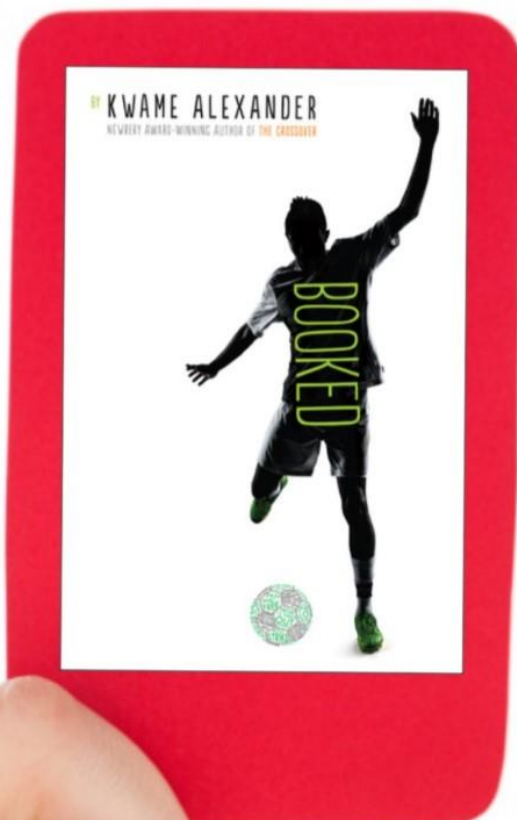
10% off Voucher

Supporting
Roundwood
Park School





Whole School Read



Have
You
Read
It
Yet?

SCHOOL CROSSING PATROL WANTED!



Please be informed that the School Crossing Patrol
Jo left during the school holidays.
We are therefore looking for someone
who would be interested in becoming the
School Crossing Patrol for

ROUNDWOOD PRIMARY SCHOOL

**THE PAY IS £9.00 PER HOUR
(excluding enhancements)**

If you are interested or would like further
information please contact Janet Fairhead
on 01992 556816

**Please take extra care while
the crossing is unmanned.**

Hertfordshire County Council, Transport, Access and Road Safety,
County Hall, Pegs Lane, Hertford, SG13 8DN.

Tel: 01992 556816 September 2019

Can we please remind you that it is parental
responsibility to get your child to and
from school safely

Ofsted Parent View

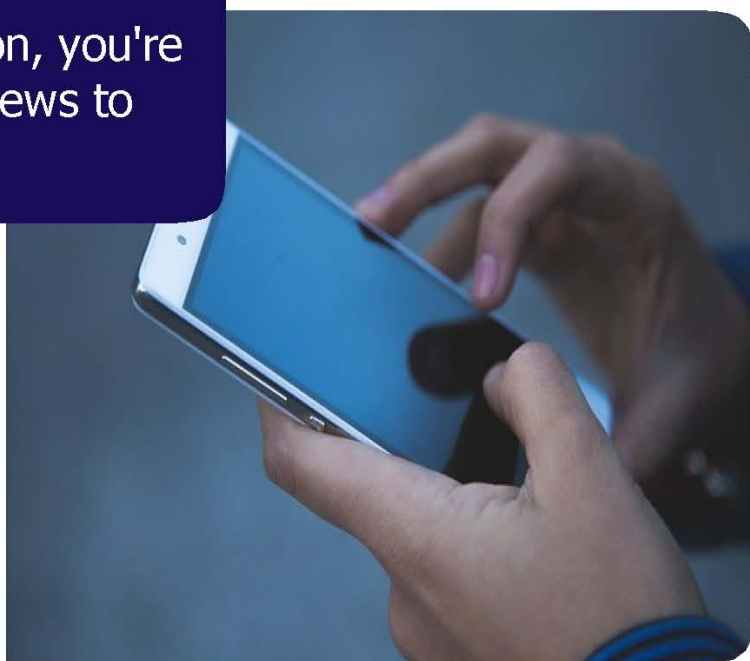
Are you a parent?

Have you heard of Ofsted Parent View?

Ofsted Parent View is an online questionnaire for you to give your views about your child's school.

You can fill it in at any time of the year.

During an Ofsted inspection, you're also invited to give your views to inspectors using it.



<http://parentview.ofsted.gov.uk>

OFFICIAL



HERTFORDSHIRE

CONSTABULARY

DON'T BE FOOLED

Dear Parent or Guardian,

We need your help to warn young people about the dangers and consequences of becoming a money mule.

What is a money mule?

A money mule is someone who transfers stolen money through their own bank account on behalf of someone else and is paid for doing so.

Criminals need money mules to launder the profits of their crimes.

Young people are increasingly being targeted to become money mules. They are approached online or in person, including through social media, at school, college or sports clubs. Sometimes people they know persuade them to take part, often because they are also acting as money mules.

Mules will usually be unaware of where the money comes from – commonly fraud and scams – and that it can go on to fund crimes such as drug dealing and people trafficking.

Being a money mule is illegal.

When someone is caught, their bank account will be closed, and they will have problems getting student loans, mobile phone contracts and credit in the future. They could even face arrest for money laundering which carries a maximum sentence of 14 years in prison.

What to look out for

Tell-tale signs that someone might be involved could be them suddenly having extra cash, buying expensive new clothes or top-of-the-range mobile phones and gadgets with very little explanation as to how they got the money. They may also become more secretive, withdrawn or appear stressed.

You and your child can learn more and get advice by visiting www.moneymules.co.uk together.

If you are worried that someone close to you might be caught up in money muling, you can contact Crime-stoppers anonymously on 0800 555 111.

Please do not attempt to contact any individual you suspect of organising money muling.



CHRISTMAS WREATH MAKING EVENING

Wednesday 27th November 2019

7:00pm to 9:30pm

Roundwood Park School, Canteen.

Join us for a fun evening where you will learn the skills to be able to make your own Christmas door wreath in the traditional way.

£38.00 to include;

All materials and tuition to make your Christmas wreath

Glass of fizz on arrival

Tea/coffee and mince pies

If you would like to book, please email d.fulham@roundwoodpark.co.uk



in St Albans, Harpenden and the villages



Find out more at a
FREE info session!

11 Nov, 10.30am: The Harpenden Arms or
15 Nov, 10.30am: The Beech House St Albans

You can give children the
space and freedom to:

- * *Be outdoors and active*
- * *Gain skills and independence*
- * *Make friends on their street*
- * *Have fun!*



FIND OUT MORE! www.sustainablestalbans.org/playingout
playingout@sustainablestalbans.org



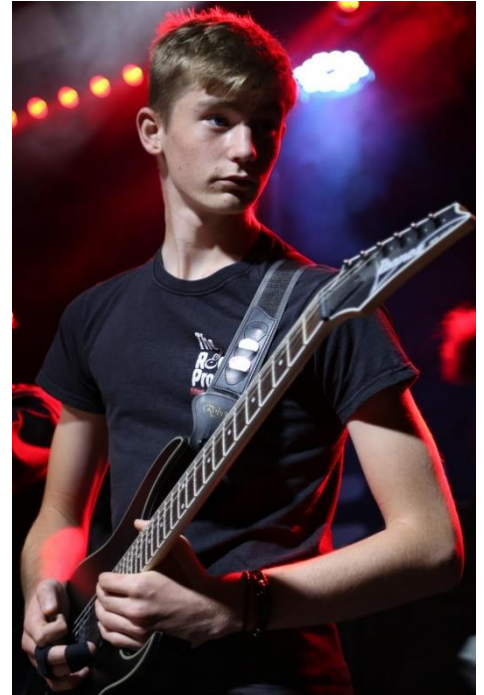
Registered charity no 1173118



The Rock Project Join Now For After Half Term! Free Taster Session!



The Rock Project is the UK's premier school of rock for ages 7-11 & 11-18 that runs on Wednesdays in Harpenden. The fun after school sessions last for two hours and include one hour of group tuition (no more than 5 students per tutor in separate rooms), then also an hour of group performance, putting into practice what they have learned whilst playing in bands. This all culminates in an end of year rock concert every July where they get that true rock star experience!



All abilities are accepted and a **FREE TRIAL SESSION** available so contact The Rock Project now to book your taster session for November.

visit www.TheRockProject.com or
email herts@therockproject.com for more info



Harpenden

Learn to draw and paint like a real artist, and take home your very own canvas or watercolour painting! Our popular holiday camps run at various venues – please see our website for details of these and the activities each day as they are confirmed. **Make sure you book early to take advantage of our Early Bird discounts!***

October Half-Term

Monday 28th October

SUNSET IN THE WOODS (Canvas Painting)

Tuesday 29th October

HAUNTED HOUSE (Large Watercolour)

Wednesday 30th October

LONDON FIREWORKS (Canvas Painting)

Thursday 31st October

MOON LANDING (Large Watercolour)

Friday 1st November

PUMPKIN PATCH FARM (Large Watercolour)

9.30am – 3.30pm

Ages 6 – 13 (5yr olds at our discretion)

£36 per child per day + sibling discount

(Wrap around care available 8.30am – 5.30pm)

www.shedloadsoffun.com

*Visit our website for all the details

ArtShed is a registered trademark (No. UK00003053139) and trading name of Shed Loads of Fun Ltd registered in England and Wales (No. 9970821) at the registered address of 135 London Road, St Albans, Herts AL1 1TA



ArtShed!

Experience The Trading Floor. Now.

The Young Investment Banker Programme

[UCL - 10th November OR 14th December](#)

[University of Manchester - 17th November](#)



On The Young Investment Banker Programme, students aged 15-18 will be immersed in a 360-degree experience of working in an investment bank under the guidance of experienced financiers from some of the world's most renowned banks, hedge funds and private equity firms.

This is an excellent opportunity for aspiring investment bankers to gain a real-life experience of one of the world's most elusive and desirable careers. They will experience trading, mergers & acquisitions, company valuation, negotiation and more.

The Young Investment Banker Programme is historically the most popular programme run by InvestIN and places are filling up quickly.

[Register Now For London](#)

[Register Now For Manchester](#)

A LITTLE LUNCH CLUB



A Little Lunch Club is a local group that meets once a month to provide lunch and companionship for the over 75s living on their own in Harpenden.

We meet on a Monday between 12:30pm and 2:30pm in Kinsbourne Common Hall. Guests are collected from their home for lunch and taken home by volunteer drivers.

We are in need of experienced drivers who own or have access to a car who would be able to take guests to and from the Lunch once a month on a Monday. The guests would need to be collected from home around 12:30pm and then picked up from the Hall at 2:00pm.

**If you are interested in volunteering then please contact
Sallyann Boschetti on 07779 387557**

Can you help?

The Harpenden Trust's single annual fund-raising project - **The Christmas Appeal** – is just around the corner!

Last year the annual appeal envelopes raised **£53,000** to help support those in our town who are struggling to make ends meet for all sorts of reasons.

The appeal envelopes are delivered (and collected) by an army of more than 200 volunteers. **But we need a few more people in some areas to join the team. We are looking for help on several streets in Harpenden. Currently, vacancies exist for help on Cowper Road, Spenser Road, Piggotshill Road and many more...**

It doesn't take long – but the end result is very, very worthwhile.

Please think about whether YOU can help. If you can, then every house in every road will have the familiar purple envelope drop onto the doormat.

Call us on 01582 460457

Email admin@theharpendentrust.org.uk or drop into the Trust Centre in Southdown Road any morning to collect an application form.

The Harpenden Trust Centre
90 Southdown Road Harpenden
Hertfordshire AL5 1PS
01582 460457
admin@theharpendentrust.org.uk
www.theharpendentrust.org.uk
The Harpenden Trust is a
Company limited by guarantee
and is registered under the
Charities Act. Company Number
5951591 Registered Charity
Number 1118870
Registered office as above



Raising Confident Children and Tackling Their Fears - Talk



Summary



We all want our children to be confident, but how can we make this happen? In this fun, skills-based talk, Prof Cartwright-Hatton will share what she knows about anxiety and confidence in children. She will introduce parenting techniques that she knows are useful for raising brave, resilient children.

She will help parents to think about how their own fears and anxieties impact on their parenting in ways that can interfere. The talk is intended for any parent who is interested in raising a confident child and might also be useful for parents whose children have some anxiety issues. However, it should not be viewed as a substitute for accessing appropriate clinical support for children who have more significant anxiety problems.

Who is this event for?

This talk is most suitable for parents of children of aged 2-12 years. Strategies presented can also be used for teenagers.

What parents will gain from this talk

- An overview of what normal anxiety is and what is not
- Techniques for building confident thoughts
- Strategies for helping your child tackle their fears and worries
- Touch on various ways that anxiety might manifest in children

Book at: www.keystoneworkshops.co.uk

Event Details

Date: Mon, 25th Nov 2019

Time: 19.15 – 21.15

Location:

SandPit Theatre, The Ridgeway, St Albans, AL4 9NX

Cost: £19.50 pp

About our Speaker

Professor Sam Cartwright-Hatton

began her career with a D.Phil (PhD) in the Department of Psychiatry at Oxford. She developed an interest in the area of anxiety in childhood and joined the Manchester clinical course as academic tutor, while working half-time as a clinical psychologist in the Manchester Children's Trust.

She was awarded a 3-year NHS executive fellowship to develop her research in anxiety in childhood. Followed by a 4-year MRC Clinician Scientist Fellowship to trial a new intervention for families of young anxious children.

Prof. Cartwright-Hatton joined the University of Sussex in 2011 with an NIHR Career Development Award to develop and test a preventative intervention aimed at families with an anxious parent.

Education Programme for Parent Carers of secondary school aged young people who are using a CAMHS* Clinic, Step2 or Counselling Service.

* Child and Adolescent Mental Health Services

This free course, held over six weeks, will provide you as parents/carers with skills and support to help your child and improve your health and wellbeing.

Learn more about young people's mental health and recovery, effective communication skills, family culture, problem-solving and looking after yourself.

Where: Fleetville Junior School, 228 Hatfield Road, St Albans, Herts, AL1 4LW

When: Every Wednesday from Wednesday 6th November 2019 – Wednesday 11th December 2019, 7.00 – 9.00pm.

Who is it for: Parents/carers of secondary aged children.

To book a place please email: admin@dspl7.org.uk stating your name, contact details, the name of your child's school and which service your child is using - a CAMHS Clinic, Step2 or Counselling.

The course is for parents/carers of young people who are experiencing a mental health condition. Please state at time of booking which service your child is using - a CAMHS Clinic, Step2 or Counselling. We have found the course content is not helpful for parent/carers of young people with an autistic spectrum condition.

Gross Motor Skills Development and Sensory Circuits

Dr. Helga Abernethy

ABOUT THE COURSE

Dr. Helga Abernethy (PhD) works with children and adults with sensory processing difficulties that underlie fine and gross motor skill delays and self-regulation difficulties.

Gross motor skills involve far more than people usually realise and they impact upon the development of a range of other areas. This training session will provide information on the following:

- What are gross motor skills?
- What is needed for good motor skill development?
- The impact of sensory processing difficulties on the development of gross motor skills
- Areas impacted by gross motor skills, including fine motor skills and handwriting
- The use of sensory circuits to develop gross motor skills

This course is suitable for both parents and professionals.

DETAILS

DATE: Wednesday 6th November 2019

TIME: 9:30am – 12:30pm

VENUE: Fleetville Junior School, 228 Hatfield Road, St Albans, Hertfordshire, AL1 4LW

COST: Free to parents/carers and professionals from the DSPL7 area.

PARKING: Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket. Entrance via the main reception.

REFRESHMENTS: Provided

TO BOOK: Email admin@dspl7.org.uk

Places are limited so please book.



Wellbeing Support for Parents

1 in 4 people will experience stress, anxiety or low mood at some stage

Every year we help over 19,000 people in Hertfordshire

Who are we?

The Wellbeing team is designed to help people like you manage everyday problems.

We are part of the national initiative Improving Access to Psychological Therapies (IAPT).

The NHS Wellbeing Team are offering free, confidential support to all parents.

Are you...



This support is based on Cognitive Behaviour Therapy (CBT). CBT is highly effective at reducing symptoms of low mood, anxiety and other emotional problems.

If you are feeling anxious or stressed we aim to help you:

- Understand why you feel this way
- Explore with you, how the way you behave effects how you are feeling
- Agree what you want to improve and develop new ways of thinking and coping

Our help is offered in different ways to suit your needs including:

- Individual sessions
- Online programmes that you can access in your own time with telephone support
- Workshops and/or group work

How to get help:

You can make a self-referral by calling the Single Point of Access Team on 0300 777 0707. Or find out more about what we do and make an on-line referral by visiting

www.talkwellbeing.co.uk

We pride ourselves on seeing people quickly – and you will be contacted within a week of referral to book your first appointment.

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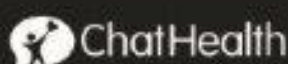
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We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We may inform someone if we were concerned about your safety. But we would usually speak to you first. Your messages are confidential and will not be shared with anyone else. We follow the same confidentiality rules, who aim to keep you confidential and private. But if you should get an immediate response to contact us, we would pass on your name. There will not be any charge for sending texts. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number works on all mobile numbers only and does not receive voicemail or text picture messages. Please do not send text messages to your boyfriend's or girlfriend's mobile number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.



Christmas Card Design Competition

Harpenden children ages 4-11 are invited to design a poster based around this year's theme, **"A Very Merry Christmas"**

The winner will have their **design used for the Town Mayor's Christmas Card** and will be invited to turn on the Town Christmas lights at the **Christmas Carnival on 24 November!**

To Enter:

Create your poster on A4 paper and write your name, age, school year and school/organisation on the back

Drop off your entry at the Town Council or post it to The Mayor's Secretary, Harpenden Town Council, Town Hall, Leyton Road, AL5 2LX

Deadline: 25 October

The winner & runners-up will be recognised at a Presentation Ceremony on 11 November



**HARPENDEN
TOWN COUNCIL**
CLOSER TO THE COMMUNITY

WANTED

CHRISTMAS JUMPERS



Donate your preloved Christmas jumpers and other festive novelty clothing to Playground Action Rothamsted Committee (PARC) and help us raise funds to create a flagship playground for Rothamsted Park.

Drop off locations – week of 21st October 2019:

- Harpenden Academy, Vaughan Road
- High Street Methodist Church
- Crabtree Schools
- Highfield Oval
- Or contact Rod on 07913 061169 or rod.cooley@ntlworld.com

Expressive Arts

SPOTLIGHT



The Arts for *Every* Child

Why arts education is a social justice issue

Foreword

Every child should have access to arts and culture, and to the benefits that access brings. The arts are a positive force in society: children feel more confident in their ability to create, challenge and explore, to be part of society, and to make change happen. The arts empower children. They contribute to the development of all aspects of a child's potential and personality: studying the arts fosters creativity, innovation, empathy, and resilience. The arts enrich young lives, making them happier and healthier.

Access to the arts is access to our national life, and it is a social justice issue.

A school that is rich in the arts enhances the life chances of a child: a wealth of research shows that children with an arts deficit experience disadvantages educationally and economically, while their more fortunate peers are more resilient, healthier, do better in school, are more likely to vote, to go to university, to get a job and to keep it. Participation in the arts can fuel social mobility, so equality of access should be unaffected by class, income, race, disability, or location. For many children, school may be the first and only place that they are able to access arts, so it is critical that we remain vigilant in protecting this right for all children.

Whilst we welcome the September 2019 change to the Ofsted framework, we know that currently the study of arts subjects is in decline in state schools. Arts GCSE entries have fallen significantly since 2010, as have the number of hours the arts are taught in secondary schools and the number of arts teachers. Meanwhile independent schools, recognising the value to their pupils, continue to offer a broad and balanced, arts-rich education, reinforcing the inequality in the education system and in society more widely. As things stand, we are facing the possibility that arts subjects will become the preserve only of those who can afford them.

Whether we are talking about one day having jobs in the creative industries, what it takes to build sustainable communities, or about their future personal wellbeing, the arts give children skills for life. Creativity, imagination, an appreciation of form and narrative, and the ability to express emotion and complexity help them deal with tough circumstances, and to see and navigate new horizons; they are an important part of what prepares them for the world beyond school; and for some, they are a vital refuge from challenges we can only imagine. We cannot allow the current inequity of provision to continue, or to grow: we have to rebalance the offer so that every child is given access to the essential skills and opportunities that the arts can provide in their lives.

Maira Sinclair

Chief Executive, Paul Hamlyn Foundation

‘By identifying access to and participation in the arts, culture and heritage as an aspect of social justice itself and a powerful weapon against poverty, in all its manifest forms, the Welsh Government has made it clear that it understands the role played by culture in making us the sort of people we are and the people we want to be.’

Baroness Andrews (2014) *Culture and Poverty* a report for the Welsh Government

Health & Wellbeing

In the first year of primary school over one in five children are overweight or obese, with more children in England's most deprived areas being overweight or obese than those in the most affluent areas (Royal College of Paediatrics & Child Health, 2017). Young people are also twice as likely to report feeling depressed or anxious now as in the 1980s (Nuffield Foundation, 2012), with an average of three children in every classroom having a diagnosable mental health problem (Young Minds, 2019).

The arts have a role to play in physical health and mental wellbeing. There is growing evidence of the impact of the arts in improving mental and physical health, with study after study finding that health and wellbeing are improved by taking part in arts activities.¹

‘Some of the young people we met were ... very clear that their lack of curriculum choice in school added to their stress and that they had no creative or technical outlets to express themselves. They cited that the relentless focus on EBacc subjects did not suit all of them and led to low self-esteem and unhappiness.’²

Education and Health and Social Care Committees (2018) *The Government's Green Paper on mental health: failing a generation*

‘Nearly half (45%) [of 1,492 students sampled] say that engagement in the arts helps them relax and reduces stress. This is particularly the case for females (53%) and for sixth form students (49%).’³

University of Nottingham/RSC/Tate (2018) *Time to Listen: Evidence from the Tracking Arts Learning and Engagement [TALE] Project*

Employability

The CBI (2018) is clear that the attitudes and aptitudes which are the biggest drivers of success for young people are resilience, enthusiasm, and creativity. Employers from across the economy report that the Fourth Industrial Revolution will require 21st-century skills like decision-making, team-working, flexibility and originality – all skills that are developed by studying the arts.²

The evidence base is clear: studying arts subjects develops students' confidence, resilience and the soft skills in demand from employers. If arts access in schools continues to decline, we risk disadvantaged young people being locked out of employment opportunities due to a skills deficit.

‘Essential life skills such as confidence, motivation, resilience and communication are associated with better academic outcomes and better prospects in the workplace, and there is an increasing emphasis on their value, given labour market trends towards automation.’³

Sutton Trust (2017) *Life Lessons*

‘Government should invest more in “STEAM” skills that will be most useful to people in this increasingly automated world. This means focusing more on STEM subjects (science, technology, engineering and mathematics), but also exploring how art and design (the “A” in “STEAM”) can feature at the heart of innovation.’⁴

PwC (2018) *UK Economic Outlook*

Citizenship & diversity

The arts also create a culture of citizenship, tolerance and empathy, enabling young people to appreciate difference and diversity. Studies have shown that children who take part in regular arts activities show significant improvement in social cohesion, cooperation and pro-social attitudes (Schellenberg, et al. 2015). Children who engage in the arts are more likely to volunteer and to vote (CLA, 2017). We need future citizens who can engage with major global challenges – and we will need a diverse array of artists who can produce the art which will inspire and challenge us. If we want our creative industries to flourish, then we also need to ensure that their workforce is not drawn from one, more affluent, tier of society, but is reflective of the diverse world we live in.

‘Young people from less well-off backgrounds in particular don’t have access to the benefits that enrichment activities outside the classroom can bring, such as debating, volunteering and the performing arts. We need to ensure we close these gaps in access, so life skills can be harnessed as a driver of social mobility.’

Sir Peter Lampl, *Lessons for Life*, Sutton Trust blog. 12 October 2017

‘Taking part in the arts provides an effective bridge to higher aspirations and achievement for kids.’

Ric Lewis, Co-Chief Executive & Chairman of Tristan Capital Partners, Chairman The Black Heart Foundation & Chairman The Institute of Imagination

Economic growth

If we care about social mobility and child wellbeing then we need every child to have an arts-rich education. But there is also a strong economic growth imperative: the creative economy accounts for one in 11 jobs across the UK and the creative industries generate around £101 billion per annum, making up more than 5% of the UK's economy (DCMS, 2018). This is bigger than the automotive, life sciences, aerospace, oil and gas sectors combined. Research has found that 87% of jobs in the creative economy are at no or low risk of automation, compared to 40% of other jobs (Bakhshi, et al. 2015). Poor children are better prepared for the future job market if they have the creative skills that an arts-rich education will give them.

‘In the Fourth Industrial Revolution, art may become more important than maths. We often talk about soft skills as being social and emotional skills, and hard skills as being science and maths, but it might be the opposite. The science and maths might become a lot softer in the future, where the relevance of knowledge evaporates very quickly, whereas the hard skills might be your curiosity, leadership, persistence and resilience.’

Andreas Schleicher, Director for Education and Skills, OECD. 26 February 2019, Education Select Committee

The arts for every child

If we are to give every child and young person a broad and balanced curriculum that fulfils their potential; the skills required by employers for a 21st-century labour market that places a high premium on creativity; and a cultural education – which is their right, as set out in the UN Convention on the Rights of the Child – then we have to act now to reverse the decline.

We must work together – policy makers, schools, teachers, artists and cultural organisations – to ensure that every child and young person can access a broad and balanced curriculum that enables them to fulfil their potential, and which gives them the skills needed for the future. Otherwise the arts become the preserve of only those who can afford them.

‘There is growing evidence that accumulating essential life skills as well as social and cultural capital is instrumental to future life prospects.’

Lee Elliot Major and Stephen Machin (2018) *Social Mobility: And Its Enemies*

‘We are deeply concerned by the evidence we received around the downgrading of arts subjects in schools, with all the consequent implications for children’s development, wellbeing, experiences, careers and, ultimately, life chances.’

Digital, Culture, Media and Sport Committee (2019) *Changing Lives: the social impact of participation in culture and sport*

‘In a few of the schools visited, lower-attaining pupils did not have any opportunity to study a language or some arts subjects, as the school directed them onto a pathway that excluded the subject as an option, in some cases from the age of 12. It is a risk to social mobility if pupils miss out on opportunities to study subjects and gain knowledge that could be valuable in subsequent stages of education or in later life.’

Amanda Spielman, Chief Inspector, Ofsted, *HMCI's commentary: recent primary and secondary curriculum research* (October 2017)

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- CBI (2018) *Educating for the Modern World: CBI/Pearson Education and Skills Annual Report*
- CLA (2017) *Key Research Findings: the case for cultural learning*
- Nuffield Foundation (2012) *Social trends and mental health: introducing the main findings*
- Royal College of Paediatrics and Child Health (2017) *State of Child Health Report*
- Schellenberg, et al. (2015) 'Group Music Training and Children's Prosocial Skills'
- Young Minds (2019) *Mental Health Statistics*
- Full references available: www.culturallearningalliance.org.uk/briefings
- This is one of a series of CLA Briefing Papers available on the CLA website:
- No. 1 STEAM:**
Why STEM can only take us so far
- No. 2 Employability & Enterprise:**
Why the arts make us more employable, and why the creative industries are our economic life raft
- No. 3 Arts, Health & Wellbeing:**
Why the arts make us happier and healthier
- No. 4 The Arts in Schools:**
Why the arts matter in our education system